

beauty news

OFTS&L

Welcome

Welcome to the 1st edition of Beauty News at OFT, with Easter having been and gone, the spring/summer collections in the shops it's time to rethink that beauty regime, defuzz those legs and get that skin simply glowing with radiance!

Feel like a million dollars with stress reduction for 2008. I will share beauty tips, professional makeup secrets, new skincare technology for men and women with Treatment of the Month, Best Beauty Buys, and Tried and Tested for readers to get their hands on the latest products.

See you all in The Beauty Studio!

Cheryl x



Do you love new skin care and beauty products?

Would you like to receive samples or try new treatments?

Contact Cheryl at:

beautynews@cherylhuggins.co.uk to be one of our beauty panel.

Treatment of the Month

Spring Clean Facial - £17.50

A complete treatment to purify and deep cleanse tired and dull skins. Deeply soothing and purifying, for all skin types, it can help to balance and control levels of sebum by cleansing impurities. Your skin will feel clean and fresh-looking. Great for pre- and post holiday radiance.

Book now to enhance your current skincare programme. This treatment is suitable for men and women!



Best Beauty Buys



Gucci by Gucci

EDP 100ml rrp £34.50

This new women's signature fragrance is a must have for 2008! With its base notes of Musk and Honey, delightful blends of orange, vanilla, guava and pear. The ultimate scent for Modern Femininity wear it if you dare!



Mineral Finish Powder

rrp £20.00

Lose 10 years and create a sexier you! Celebrity Makeup artist Daniel Sandler innovative Mineral Finish Powder with a matt bronzer and shimmering powder is a secret weapon used to slim faces, and hold back the years. This product has wowed the stars and can be used to create a healthy glow, and can be worn over moisturizer. Use a large blusher brush for one colour on the cheeks or sweep across both shades for that sultry Brazilian bronze shimmer or sunless tan!

Stress Busters

Complementary Therapies can help to boost natural energy levels. Holistic massage can greatly benefit the build up of constant stress, by helping to eliminate muscular pain, tension headaches, and generally gives the recipient a feeling of energy and well being. A constant high-level of stress is detrimental to all body systems and knowing when to switch off and recharge is vital to releasing the natural endorphins to improve your mood, and promote calm and clearer thinking.

By enjoying professional Aromatherapy Massage, you can begin with the use of essential oils for beauty treatments, relaxation and healing. Soothe your mind, blitz fatigue and create blends for the family with Essential Oils. Create your own personal sanctuary and relax with one of the oldest effective natural treatments.

Nail Tips

- File the nails in one direction only.
- Never cut cuticles, it can lead to infection and encourage the cuticle to grow thicker.
- Do not add nail polish remover to polish that has thickened, it will streak on application.
- Use a professional nail polish thinner to ensure smooth polish. Keeping polishes in the fridge also stops thickening.
- Always use a top coat. It will make your polish look professional and your manicure will last longer.
- Learn not to use your nails as tools. Always use the pads of your fingers to pick things up.



Pure Comfort Zone

A well groomed skin is a must for today's man, with celebrity endorsements from sportsmen and film icons enjoying the benefits of the latest in skin-care technology. Male grooming is here to stay. With no-nonsense packaging, facials to alleviate shaving problems and treatments to cleanse, relax and enjoy the benefits of skin grooming and holistic massages for aching muscles. Invest in Anti-age facials, manicures and hair removal. It's good enough for the Premier Football teams! Kick start 2008 and adopt a daily skin fitness regime!

Q&A

Why is my skin so dry and flaky after showering?

If you bathe or shower frequently (swimming, gym, saunas) the skin is losing

most of its natural emollients and will not retain an adequate moisture balance. To reduce the dryness and irritation try switching your body wash to an oil based one, or one that is soap free. In addition, use a moisturizer after showering or bathing. Regular use of body oil or moisturizer will help soothe and alleviate this problem. If the skin condition is severe I would recommend that you visit your doctor.

On several late nights out I have fallen asleep with my makeup on! Is this bad for your skin, and how does it affect it?

Oh dear! Too tired to remove makeup? You are adding years on to your skin by clogging the pores and allowing the skin to absorb the fibres of eye makeup causing excessive oil and grime to reside on the skin's surface. Makeup removers are designed to dissolve the waxes and pigments that are contained in makeup, so that the skin's natural pH balance is restored by facial cleansing products allowing the skin to be free

Foot Health

There are 26 shaped bones that form the basic structure of the foot. Take time out and relax your feet by raising your feet above heart level at least once a day. To maintain good muscular dexterity, exercise the ankles and toes on a regular basis whilst sitting for long periods. The benefits to relaxing the feet include, relieving swollen ankles, varicose veins, and soothing arthritic joints. Regular pedicures and massage will increase the health of your feet, and help to remove any toxins!

from residues. A suitable cleansing product will depend on your skin type and skin's condition, age and lifestyle. Invest in yourself and remove your makeup. Book for a complimentary skin analysis.

My eyes look dull and don't seem to sparkle any more. How can I achieve this?

First make sure that you are getting plenty of sleep, this will release any build up of toxins and leave you looking refreshed! Use cooling eye drops if the eyes are red, keep the drops in the fridge and add a drop to each eye. Eat raspberries, blackberries, and blackcurrants as these contain important nutrients that keep the eyes bright. White eyeliner can help. If you line the lower rim of your eye, use a soft kohl pencil. This will help to make the eyes look bright and stand out!

Letters to the editor

For any Beauty, grooming or skincare problems that you would like answered, please email me at: beautynews@cherylhuggins.co.uk

Advice is provided by Cheryl Huggins who is a member of the Federation of Holistic Therapists.

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